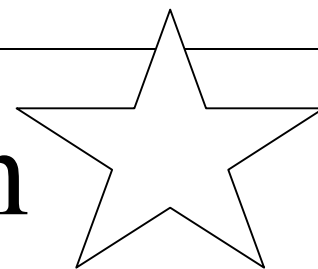


# To Your Health



VA Palo Alto Health Care System ★ Patient Education Newsletter ★ Summer 2000

*"Promoting good health through information."*

## TELEPHONE CARE PROGRAM

Judith Thielen, MSN

The TELEPHONE CARE PROGRAM (TCP) gives you direct access to a Patient Services Advisor and an Advice Nurse so that you can receive personalized, timely attention for your healthcare concerns.

### TCP can answer questions about:

- health problems
- eligibility
- medications
- VA & community resources
- access to the health care system

### TCP can:

- cancel/schedule appointments for most clinics

### TCP cannot:

- transfer calls to other departments
- page your health care provider

For calls of this nature, please call the main number (650-493-5000), and ask the operator for assistance.

TCP operates Monday through Friday from 8:00am to 4:00pm, except holidays. For urgent health concerns, an Advice Nurse is available 24 hours a day including weekends and holidays. To reach TCP, call 650-496-2579 or 1-800-455-0057. ★

## ★ RECIPE FOR HEALTH ★

### *Barbecue Chicken*

*Serves 8*

- 3 lb chicken parts (breast, drumstick, and thigh), skin and fat removed
- 1 large onion, thinly sliced
- 3 Tbsp vinegar
- 3 Tbsp Worcestershire sauce
- 2 Tbsp brown sugar
- Dash of pepper
- 1 Tbsp hot pepper flakes
- 1 Tbsp chili powder
- 1 C chicken stock or broth, skim fat from top

1. Place chicken in a 13x9x2-inch pan. Arrange onions over the top.
2. Mix together vinegar, Worcestershire sauce, brown sugar, pepper, hot pepper flakes, chili powder, and stock.
3. Pour over the chicken and bake at 350F for 1 hour or until done.
4. Baste occasionally.

Calories	176	Cholesterol	66mg
Total Fat	6G	Sodium	240mg
		Saturated Fats	2G

Recipe from the American Heart Association

## TEST YOUR KNOWLEDGE OF HEART DISEASE AND ITS RISK FACTORS

*Answers on back page*

	T	F
1. The risk factors for heart disease that you <i>can do something about</i> are: high blood pressure, high blood cholesterol, smoking, obesity, and physical inactivity.		
2. A stroke is often the first symptom of high blood pressure, and a heart attack is often the first symptom of high blood cholesterol.		
3. A blood pressure greater than or equal to 140/90 mm Hg is generally considered to be high.		
4. A blood cholesterol of 240 mg/dL is desirable for adults.		
5. The most effective dietary way to lower your blood cholesterol is to eat foods low in cholesterol.		

## A SPECIAL EDUCATIONAL LECTURE SERIES - MARK YOUR CALENDAR!

Robin Thompson, R.N.

We are pleased to announce a monthly brown bag lecture series called "Healthy Aging" beginning 9/22/00. These lectures are sponsored by the Geriatric Research Education Clinical Center (GRECC) and the Women's Health Program. GRECC is one of 20 special programs across the US that focus on improved services for older veterans. The Women's Health Program emphasizes clinical services, staff and veteran education pertaining to women's health and wellbeing.

Lectures will be held in Building 5, second floor conference room (A234), from 12-1pm. For further information contact R Thompson (x64143) or A Thrailkill (x64153).

- 9/22 Caregiving - The Sandwich Generation
- 10/27 Sexual Dysfunction
- 11/17 Domestic Violence
- 12/15 Fitness
- 1/26 Depression
- 2/23 Memory Loss
- 3/23 Eating Disorders
- 4/27 Prostate Cancer
- 5/18 Skin - Protection and Care
- 6/22 Parkinsons Disease

### Healthy Hints

Summertime is here. Don't forget these important tips:

- Wear sunscreen when outdoors
- Drink plenty of fluids on warm days
- When you travel, make sure you have all of your medications with you

*To Your Health is published quarterly for  
VAPAHCS veterans and their families.*

#### Editorial Board:

Noelle Hasson, Pharm.D.  
Rosemary Gill, RN, M.S.  
Laura Peters, Ph.D.

### *Heart Disease Risk Factors*

**1. TRUE.** High blood pressure, smoking, and high blood cholesterol are the three most important risk factors for heart disease. On the average, each one doubles your chance of developing heart disease. So, a person who has all three of the risk factors is 8 times more likely to develop heart disease than someone who has none. Obesity increases the likelihood of developing high blood cholesterol and high blood pressure, which increase your risk of heart disease. Physical inactivity increases your risk of heart attack.

**2. TRUE.** A person with high blood pressure or high blood cholesterol may feel fine and look great; there are often no signs that anything is wrong until a stroke or heart attack occurs.

**3. TRUE.** A blood pressure of 140/90 mm Hg or greater is generally classified as high blood pressure. However, blood pressures that fall below 140/90 mm Hg can sometimes be a problem. If the diastolic pressure, the second or lower number, is between 85-89, a person is at an increased risk for heart disease or stroke and should have his/her blood pressure checked at least once a year by a health professional.

**4. FALSE.** A total blood cholesterol of under 200 mg/dL is **desirable** and usually puts you at a lower risk for heart disease. A blood cholesterol level of 240 mg/dL or above is **high** and increases your risk of heart disease. If your cholesterol level is high, your doctor will want to check your levels of LDL-cholesterol ("bad" cholesterol) and HDL-cholesterol ("good" cholesterol). A HIGH level of LDL-cholesterol increases your risk for heart disease, as does a LOW level of HDL-cholesterol. A cholesterol level of 200-239 mg/dL is considered **borderline-high** and usually increases your risk for heart disease.

**5. FALSE.** Reducing the amount of cholesterol in your diet is important; however, eating foods **low in saturated** fat is the most effective dietary way to lower blood cholesterol levels, along with eating less total fat and cholesterol.

From NIH Publication No. 93-2724



Telephone Advice Nurse: 800-455-0057 ★ Medication Refill Line: 800-311-2511